



## Raw Vegan Salad Recipe for Weight Loss

### Recipe Ingredients:

- 1 cup (8 ounces or 240 grams) – [Hot and Sweet Sprouted Mix](#) from Sprout People
- 2 cups (16 ounces or 480 grams) – Chopped Red Cabbage
- 16 – Grape Tomatoes
- 2 – Peeled Cucumbers
- 2-5 – Raw Jalapenos – Sliced (as much heat as you can handle!)

### Dressing:

It's not technically “raw,” but *you* can set the boundaries for what works best for you. Same goes for the Coconut Aminos. My dressing is as follows:

- **Drizzle California Balsamic and Coconut Aminos** to your taste!
- Then add any other dried herbs or spices you enjoy. That's it!
- You may also enjoy a squeeze of fresh lemon or lime.

### A Note on Digestion

This salad is great for weight loss because there are no added fats, and it is full of fiber and bulk to keep you full all day.

However, if you're NOT used to eating a high-fiber or plant-based diet, then you're not going to want this much all in one sitting. You will want to build up to it slowly.

Iceberg and romaine, and cucumbers all digest really well, so you can add a lot of that to bulk up the salad in the beginning until you can work in more of the cabbage and sprouted lentils and beans.

